THE HEALTHY COOK

CHEF NANCY RUSSMAN JEFFERSON COMMUNITY AND TECHNICAL COLLEGE



Grilled Pork

Ingredients	Amount
Oil, canola	½ cup
Soy sauce	1/4 cup
Lemon juice	2 tablespoons
Garlic, minced	3 cloves
Pepper, black	To taste
Pork	4 chops or 1 tenderloin

Method:

- Marinate pork in first 5 ingredients for up to 4 hours in the refrigerator
- Place pork on grill, cover, turning over when the sides turn a light color. Depending on the thickness, about 10 15 minutes
- Continue to cook covered until done, 145 degrees in the center of the meat. About 5 –
 15 minutes depending on the thickness of the pork.
- Serve. If cooking the tenderloin let rest 5 10 minutes before slicing.

